



National Nutrient Database for Standard Reference
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Statistics Report 20027, Cornstarch

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	8.32	--	0.705	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Energy	kcal	381	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Energy	kJ	1594	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007
Protein	g	0.26	--	0.026	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Total lipid (fat)	g	0.05	--	0.025	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Ash	g	0.09	--	0.003	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Carbohydrate, by difference	g	91.27	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Fiber, total dietary	g	0.9	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Sugars, total ¹	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2002

Minerals

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Calcium, Ca	mg	2	--	0.534	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Iron, Fe	mg	0.47	--	0.125	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Magnesium, Mg	mg	3	--	0.124	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Phosphorus, P	mg	13	--	0.598	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Potassium, K	mg	3	--	0.398	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Sodium, Na	mg	9	--	2.545	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Zinc, Zn	mg	0.06	--	0.018	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Copper, Cu	mg	0.050	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Manganese, Mn	mg	0.053	--	0.023	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Selenium, Se	µg	2.8	--	0.336	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1992

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Thiamin	mg	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Riboflavin	mg	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Niacin	mg	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Pantothenic acid	mg	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Vitamin B-6	mg	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Folate, total	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007
Folate, DFE	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007
Choline, total	mg	0.4	--	--	--	--	--	--	--	--	Calculated or imputed	20022	02/2007
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	10/1989
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/2002
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/2002
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, IU	IU	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/2002
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/2002
Vitamin E (alpha-tocopherol) ²	mg	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2002
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta ²	mg	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2002
Tocopherol, gamma ²	mg	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2002
Tocopherol, delta ²	mg	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2002
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	09/2002
Lipids													
Fatty acids, total saturated	g	0.009	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
12:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
14:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
16:0	g	0.009	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:0	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Fatty acids, total monounsaturated	g	0.016	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
16:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
18:1 undifferentiated	g	0.016	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	0.025	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:2 undifferentiated	g	0.025	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:3 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	10/1989
Amino Acids													
Tryptophan	g	0.001	76	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Threonine	g	0.009	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Isoleucine	g	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Leucine	g	0.036	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Lysine	g	0.006	68	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Methionine	g	0.006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Cystine	g	0.006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Phenylalanine	g	0.013	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Tyrosine	g	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Valine	g	0.014	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Arginine	g	0.012	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Histidine	g	0.008	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Alanine	g	0.019	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Aspartic acid	g	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Glutamic acid	g	0.053	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Glycine	g	0.009	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Proline	g	0.024	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Serine	g	0.012	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/2002

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA Dietary Fiber and Sugars in Commonly Consumed Foods, 1994 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA Determination of the Tocopherol Content of Selected Foods, 1992 Beltsville MD